



Have You Neglected Self-Reflection?

One Thing to Remember: Regular self-reflection fosters emotional stability and improves communication by weaving experiences into a coherent self-narrative.

The Power of Self-Reflection in Relationships. Effective communication requires regular reflection on one's own emotions and experiences. This process helps integrate these experiences into a coherent self-narrative, promoting emotional stability.

- **When we neglect self-reflection**, the DMN may become dominated by negative thoughts, preventing us from presenting a coherent self to our partner.
- **Regular self-reflection** can reduce this negative cycle, fostering better communication and connection.

One Thing to Try: Start a daily journaling habit where you reflect on your emotions and interactions with your partner. This practice can help you process feelings and reduce negative rumination.

Aidyn and NX10 Team

At Nx10, we're on a mission to harness data on brain function to extend and enhance good quality life years. Imagine a future where everyone enjoys a longer, healthier quality life - that's our vision!

P.S. Got Questions? We're all ears!

P.P.S. Know someone who could benefit from Nx10 newsletter? Forward it to them!

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